



Heartburn



13 1 4

Chapter 1 by Prirodno Lecenje

Heartburn is a particularly unpleasant and not always clear what causes it. Some people say "do not eat so much," or "Do not eat so fast." Others like to blame spicy foods, such as angry Indian stew or Cajun seasoning; others say grejpfut, sour oranges and other fruit. The first line of defense is a visit to your pharmacist to get you purchased antacids are bought or acid suppressant, such as ranitidine, omeprazole or cimetidine. But long-term goal is to specify - and avoid - startersvase Heartburn.

Dose flame

As soon as you feel the flame which heralds heartburn, drink a large glass of water. It will wash away the acid back down the esophagus into your stomach.

Gurosica and how naturally treat

To make a tea that relieves heartburn, add one teaspoon of freshly grated ginger root, one cup of boiling water, let it soak for ten minutes and drink it. Long used for mastering nausea caused by motion, ginger also helps to relax the muscles lining the walls of the esophagus, so stomach acid is not pushed upward.

Judging by herbalists, tea made from anise seeds, cumin or fennel also can alleviate heartburn. Add two teaspoons of any of them in a cup of boiling water, let it soak for ten minutes, strain and

drink

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Those who practice Ayurveda medicine, a traditional form of medicine from India, prescribe herbal teas of crushed cinnamon or cardamom. To make a tea, add one teaspoon of these two herbs to a cup of boiling water, let it soak for ten minutes, strain and drink.

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Cover up with protective sheath

Marshmallow root is one of the oldest known drugs for heartburn. This plant produces soggy, starchy vegetable substance called mucus that lines and protects the mucous membrane of your esophagus - and that may be exactly what you need when you feel like you're burning the esophagus. Stir in one teaspoon of powdered marshmallow root in a cup of water and slowly Sip. Drink 3 or 4 cups a day.

From Elm you can make a similar calming potion. Add one teaspoon of powdered bark of the elm in one cup of hot water and drink a few cups during days .

The form of licorice called DGL (degliciriziovani liquorice) also provides a soothing herbal mucus. Although it is available in capsule form , works best when combined with saliva, so it is most effective when taken in the form of biscuits which I'll call. It may be necessary to order them in a health food store. Eat two to four DGL biscuits 3 times a day, 30 minutes before a meal. If you can not get biscuits, then buy DGL capsules (up to 1 g per day is fine). Some brands of capsules contain 250 mg with the recommended dose of 2 to 4 capsules daily.

Neutralizes the

The saliva can neutralize stomach acid. Therefore chews a piece of chewing gum without sugar, suck hard candy , or Muse of juicy steaks or buterastom young tomatoes - anything that it takes to make you created and swallow extra saliva.

Heartburn

Soda Bicarbonate of a base character , thus neutralize stomach acid. Stir in ½ teaspoon of baking soda and a few drops of lemon juice in half a cup of warm water. Do not drink only rastorenu baking soda: You need the juice of a lemon to disperse the gas a little soda produced in the stomach when it comes in contact with stomach acid .

The juices of vegetables, such as carrots, cucumbers, radishes or beets, help, thanks to his

Character of the base - to curb acid in the stomach. Feel free to add a pinch of salt and pepper for taste. If vegetable juices or not to your taste, just eat some fresh vegetables.

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The power of prevention

No matter how you feel unwell, stay in an upright position. If you're standing, gravity helps to keep acid in your stomach. Avoid the bend after the meal I certainly do not lie down.

If you suffer from bouts mustard during the night , eat at least 2 to 3 hours before you go to sleep . Additional time will be given opportunities acid level to drop before you lie down.

Also you can raise the head of your bed by 10 to 15 cm large wooden blocks or old phone books. When you sleep slanting, gravity helps to keep acid in the stomach.

Try to sleep on your left side. when you lie on your left side, stomach hangs down and fluids are collected along the greater curvature, away from the lower esophageal sphincter. The collected fluid thus remains beyond the esophagus.

Eat smaller meals and more often that you would minimize the production of stomach acid. Avoid eating too much food at once; So it can force open the lower esophageal sphincter, a thick ring of muscle that separates the stomach from the esophagus and keeps stomach acid where it belongs.

If you have not already done so, leave the cigarettes. Research shows that smoking relaxes the lower esophageal sphincter. Passive inhalation of smoke is almost as bad , which is why I stay away from smoky restaurants.

Foods to avoid

If you're prone to heartburn, it is best to avoid certain foods. The following foods are and whose introduction is to be limited or suspended.

Beer, wine And other alcoholic beverages. They tend to relax the lower esophageal sphincter, the valve between the essential of your stomach and lower esophagus.

Milk. It has a calming effect whileit swallowing But the fat, protein and calcium that it contains could stimulate the stomach to secrete acid.

Coffee, tea and cola. caffeinated drinks also relaxes the lower esophageal sphincter , and can irritate an inflamed esophagus.

Bubbles, Carbon - dioxide in fizzy drinks can give you a long time swells the stomach, what has the same effect on the lower part

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Fried and fatty foods, The high fat content of these foods can cause excessive production of acid

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Citrus fruits and juices. They have the acidity, although to a lesser degree than your stomach produces, and may not cause a problem.

Mint and mint. One, as well as tomatoes, relaxes the lower esophageal sphincter

Chapter 2 by Jacob



"I will try to remember that" said Bob.

5 seconds later...

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